

Lincolnia Senior Center

4710 North Chambliss Street, Alexandria, VA 22312

September 2006

Karen Albers-Froehlich, MSW,
Director

Eamonn Garvey, Assistant

www.fairfaxcounty.gov/rec



Open 9 a.m. to 4 p.m.

Monday - Friday and
Wednesdays 9 a.m. to 6 p.m.

Phone 703-914-0223

TTY 711

Fax 703-941-8479

Lincolnia Senior Center and

Adult Day Health Care Open House

Monday, October 16 from 6 p.m. to 8 p.m.

Show your friends, family and neighbors where you spend your time, and introduce them to Lincolnia and all our activities! The fun will include:

- Entertainment by our very own Snappy Tappers and the Lincolnia Chorus
- Games for the Family
- Ice Cream
- Information about County Services
- Program Displays

Help us spread the word that Lincolnia Senior Center is the Fun Place to Be! See you there!



Bring Friends.

Share Friends.

Make Friends.



Lincolnia Variety Show

We still need entertainers and have lots of spots left. It will be on Friday, September 15 at 10:30 a.m. so be sure to mark your calendars. Can you read a poem, sing a song, do a dance, tell a joke, etc? If you would like to participate, please let a staff member know what your performance will be. Please limit your presentation to no longer than 5 minutes, and please, for variety, only one act per person. We need lots of audience members to cheer them on so be sure to come and support our talent.



Lincolnia After Hours Wednesdays from 4 p.m. to 6 p.m.

As you know we are open the first, third, and fifth Sundays of each month for Sunday Tea Dance. We are also going to be open from 4 to 6 p.m. on Wednesday evenings. The center will be open for Billiards, Table Tennis, card games, a movie, and computer usage. This would be a great opportunity to bring a friend and show them the center after hours if they are busy during the day so they can see what we are all about!





Fastran Trips

All trips leave at 10:15 a.m. and return by 2 p.m., unless otherwise noted. Cost of the trip is \$1 for transportation, and lunch is on your own. All reservations must be made by the Wednesday before the trip.

TJ Maxx at Kingstowne

Friday, September 1-- You can find a new spring outfit and grab a bite to eat at a local eatery. (RR)

Springfield Mall

***Thursday, September 7-- A place where you can shop for almost anything! You can also grab a bite to eat at the food court. (RR)

Safeway on South Van Dorn Street

Friday, September 15-- If you need to go grocery shopping, here's your chance. (RR)

Wal-Mart at Kingstowne

Friday, September 22-- Ready, let's shop! There's a lot more at this store than you would think. (RR)

Shoppers at Landmark

Friday, September 29-- Do you need to do some grocery shopping? Ride the bus and let's go! (RR)

What's Going on in the Community? It's Family Movie Night at James Lee Community Center



Saturday, September 9 from 6:30 p.m. to 10 p.m. There will be family games, water balloon toss, a health screening van, and basketball games. Bring the family for activities and a free outdoor movie, Akeelah and the Bee. Don't forget your lawn chair or blanket and some money for food! 2855-A Annandale Road, Falls Church, VA 220042, 703-534-3387 TTY 711

Movie of the Week

Movies on Friday begin at 10 a.m. and on Wednesdays at 4 p.m. unless otherwise noted, and are subject to availability.

Friday, September 1 and Wednesday, September 6....."An Unfinished Life"

Friday, September 8 and Wednesday, September 13....."Carousel"

Friday, September 15 (Today's movie will be shown at 1 p.m.) and Wednesday, September 20....."Glory Road"

Friday, September 22 and Wednesday, September 27....."Eight Below"

Friday, September 29 "Annapolis"

Remember, we try to offer an assortment of movies, as "variety is the spice of life." If you have a movie suggestion please let a staff member know.



World War II Memories: Wednesday, September 20 at 1 p.m.

If you have not been able to attend past sessions please feel free to stop by for the discussion. Eamonn will be leading the group this month and will show a film. There will be time to share your thoughts afterwards.



Key: (RR) Reservation Required (!) Class Registration Required

~~~~~ September Socials ~~~~~

Happy Hours begin at 12:45 p.m. unless otherwise noted in the Newsletter.



Friday, September 1

You will make your own Ice Cream Sandwich this afternoon with Eamonn and learn about the history of them as well.



Friday, September 8

September trivia and snacks! Including brain teasers and other surprises.

***Friday, September 15 at 10:30 a.m.**
Lincolnia Variety Show -- please see the cover page for details.



Friday, September 22

Sing Happy Birthday and Welcome New Members with one of our very own participants and her students as they have a recital for us. You'll have to come to find out who it is!



Friday, September 29

Celebrate Oktoberfest at Lincolnia. We will have traditional music, food, and sing-a-longs. You won't want to miss out!

HEALTH & WELLNESS CORNER

Blood Pressure Screening

Tuesday, September 19, 10:30 a.m. to noon.

Stop in for a quick blood pressure check with Gladys. No appointment necessary.

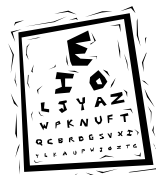


(Screenings are held on the second Tuesday of every month from 10:30 a.m. to noon unless otherwise noted in the newsletter.)

Cataracts/Glaucoma/Macular Degeneration Eye Care and Health Program

Tuesday, September 12, 10:30 a.m.

Do you or someone you care about have concerns about the health of their eyes or would you just like to learn more about it? Have your questions answered by our friendly pharmacist, Melissa. (RR)



Dietician Visit with Lisa Stelacone, R.D.

Wednesday, September 20 at 11 a.m.

If you have questions about what an appropriate portion of food is, Lisa's your person to ask. (RR)



Free Sewing & Knitting Class

Mimi Jean and Theresa Batch are back to offer their free sewing and knitting classes. You can be a beginner or even an experienced sewer or knitter who may need help with a project. The group will meet each Wednesday at 1 p.m. beginning September 6. Everyone is welcome. If you cannot make the first class you are welcome to come to one of the later sessions. Our thanks to Mimi and Theresa for volunteering.

Class will not be in session on Wednesday, October 4.

Closed for County Holidays: Monday, September 4 and Monday, October 9



Charter Trips for fall 2006

Please remember the trip policy: You must be a registered member of the Lincolnia Senior Center and be a Fairfax County resident. The cost of the trip is \$1 for transportation and any admission fees or ticket costs. Lunches are on your own. If there is a ticket fee, you must pay at the time of registration and your money is nonrefundable. If you fail to show up or cancel in an unreasonable time frame you may be denied a seat on future trips.

Senior Beacon Info Expo to Springfield Mall Trip on Thursday, September 7

If you went last year, you know there is lots of great stuff! Hear speakers including John Astin and Abigail Trafford, gather information about local services and products for older adults, obtain free health screenings, and enjoy entertainment and giveaways. The bus leaves at 10:15 a.m. and will return by 2 p.m. There is a \$1 fee for transportation. Lunch is on your own. Space available. (RR)

Balzac and the Little Chinese Seamstress Movie on Tuesday, September 19

Have you read the book or would you just like to go and see the movie? Cookies and tea will be provided and you are also welcome to bring yourself a bag lunch. The location is going to be at George Mason Regional Library and a guided tour will be provided. The bus leaves at 10:15 a.m. and will return by 2 p.m. There is a \$1 fee for transportation. (RR)



Spy Museum on Tuesday, September 26

Space is limited so if you want to go, better sign up soon! If you went on the last trip or have been there before, you know you can't see everything in one stop. Sorry, you can't bring your camera on this trip. You may have lunch at the Spy City Cafe on your own. The bus leaves at 10:15 a.m. and will return by 2 p.m. There is a \$1 fee for transportation and there is an admission charge of \$11.20 for your ticket at the time of signing up. (RR)



Big Apple Circus at Dulles Town Center on Wednesday, October 4

When was the last time you went to the circus and had cotton candy or a snow cone? This is a great opportunity as we have ringside seats. Lunch and or snacks are on your own. The bus leaves at 10:15 a.m. and will return by 2 p.m. There is a \$1 fee for transportation and there is an admission charge of \$12 for your ticket at the time of signing up. Sign up will begin on Tuesday, September 5. (RR)



Fall Foliage Trip to Graves Mountain Lodge on Wednesday, October 18

This trip is combined with all of the Senior Centers and we are going to have the large charter motor coaches bring us to the lodge. There is a \$26 fee for the trip, this covers the cost of the charter motor coach and a family style lunch, tax, and gratuity. This fee is nonrefundable, and please make checks payable to CRS. The motor coaches will be leaving from Wakefield, Lorton, and Herndon Senior Centers. Please let a staff member know if you are unable to drive to the designated centers or if you are unable find a ride there. Payment is due by Monday, October 2. Seating is limited and reservations on first come first serve basis. The motor coach will depart from the designated centers at 9 a.m. and return approximately by 4:30 p.m. Sign up begins Tuesday, September 5. (RR)



Lincolnia Senior Center
4710 North Chambliss Street
Alexandria, VA 22312

Place
Stamp
Here


Place Address Label Here

Spaces Still Available for the New Programs Offered this Fall!

Ceramics Class An 8 session two hour ceramics class will begin on Thursday, September 7 at 10 a.m. There is a \$5 class fee due at the time of sign up and a \$55 supply fee to be paid to the instructor, Millie Lipp, on the first day of class. The supply fee includes a start up kit with a cleaning tool, sponge, sander, a glaze brush, and also all of the green-ware which you are going to clean yourself. The instructor will also include all of the paints for this particular project. This class will be a two part program. The first half is working with small projects such as a small jewelry box and using a different medium for each project, such as decals, different paints, and glazes. The second half is working on larger projects, such as a brush holder for your brushes. Millie is going to share her brushes with those enrolled so you don't have to purchase them at this time. Spots will fill fast so sign up today! Millie is also bilingual and speaks Spanish fluently. (RR)

Arthritis Foundation Exercise Program We are going to offer a new exercise program for people with arthritis beginning Thursday, September 28 at 10:45 a.m. This class is designed to increase your range of motion. There are several levels of ability and other classes that are more challenging will be offered in the future after completing this initial course. There are forms to complete before you can begin taking the class and spots are limited. If you have any questions, please see a staff member. Spots still available so sign up today! (RR)

Red Hat News There are no plans for the month of September but get ready for October as we will have lunch at Irma's on her deck. For Thanksgiving we will prepare our basket for a family in need. And in December we will have our holiday party at Evergreen.

 Fairfax County is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request special accommodations call 703-324-4386, TTY 711. Please allow ten working days in advance of the event in order to make the necessary arrangements.

Lincolnia Senior Center Recreation Lunch Menu

September 2006

All Hot Lunches Include:

**Bread, Dessert, plus Coffee
Tea and Milk**

**Cottage Cheese and Fruit Plate
or Chef Salad available daily**

Donations: 60 years or older

Monthly Income:

\$0 - \$898

\$890 - \$1,089

\$1,090 - \$1,361

\$1,362 - \$1,633

Above \$1,634

Amount of Donation:

\$1

\$2

\$3

\$4

\$5

For Ages 55 to 59 and Guests:

\$5

**The actual average cost of
the lunch is \$7.32 per meal
served.**

Monday	Tuesday	Wednesday	Thursday	Friday
				1) Fried Flounder w/ Tartar Sauce Baked Potato Coleslaw
4) Closed for a County Holiday	5) Chicken Cordon Bleu Sour Cream Potatoes Hot Vegetable	6) Beef Stew with Potatoes, Peas and Carrots	7) Meat Lasagna Steamed Vegetables	8) Fried Fish with Tartar Sauce Baked Potato Steamed Vegetables
11) Chicken Pot Pie with Vegetables Tossed Salad	12) Baked Chicken Mashed Potatoes Seasoned Zucchini	13) Meatloaf Scalloped Potatoes Cabbage	14) Roast Pork Loin Sweet Potatoes Spinach	15) Beef Ribblet Baked Potato Coleslaw
18) Chicken Tenderloins Mashed Potatoes Capri Vegetables	19) Baked Pork Chop Parsley Potatoes Green Beans & Zucchini Mix	20) Turkey with Gravy Stuffing Cranberry Sauce Broccoli	21) Meat Loaf with Gravy Savory Lima Beans Seasoned Carrots	22) Fried Flounder w/ Tartar Sauce Scalloped Potatoes Capri Vegetable Mix
25) Spaghetti Green Beans Tossed Salad	26) Ham Potato Salad Baked Beans Coleslaw	27) Chicken Breast Filet with Mushroom Gravy Rice Cabbage and Carrots	28) Roast Pork Sweet Potatoes Spinach	29) Baked Flounder with Tartar Sauce Mashed Potatoes Green Beans

September, 2006

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Operated by Fairfax County Department of Community and Recreation Services
4710 North Chambliss St., Alexandria, VA 22312

Monday - Friday 9 a.m. to 4 p.m.
Wednesdays 9 a.m. to 6 p.m.
Phone 703-914-0223
TTY 711
Fax 703-941-8479

(!!) Class Registration Required
(RR) Reservation Required

Karen Albers-Froehlich, Director, and Eamonn Garvey, Senior Center Assistant

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 9:50 a.m. Aerobics I (!!) 10 a.m. Movie of the Week 10:15 a.m. Fastran Shopping Trip (RR) 11 a.m. Aerobics II (!!) noon Lunch 12:45 p.m. Happy Hour: Ice Cream 12:45 p.m. Advanced & Intermediate Tap 1:45 p.m. Beginning Tap</div>
<div>4</div> <div>Closed for County Holiday</div>	<div>5</div> <div>Walking 8:45 a.m. Tai Chi II (!!) 9 a.m. Billiards 10 a.m. Great Ideas of Philosophy 10 a.m. Square Dance (fee) 10 a.m. Dollmakers noon Lunch 1 p.m. Art For Everyone 1 p.m. Ballroom Dancing - \$2 1 p.m. ESL with Frances</div>	<div>6</div> <div>Freestyle Wednesdays Walking 9 a.m. Billiards 9 a.m. Party Bridge 9:30 a.m. Knitters 10 a.m. Quilters 10 a.m. Changes Support Group 11 a.m. Email Class (RR) noon Lunch 1 p.m. Ballroom Dancing - \$2 1 p.m. Rummikub 1 p.m. Sewing and Knitting Class 1 p.m. Cameo Club 4 p.m. Billiards 4 p.m. Movie of the Week 4 p.m. Computer Lab 4 p.m. Table Tennis</div>	<div>7</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 10 a.m. Ceramics (RR) 10 a.m. Sing-A-Long with Herb 10:15 a.m. Senior Beacon Trip (RR) 10:30 a.m. History Discussion Group 10 a.m. Beginning Computer noon Lunch 12:45 p.m. Bingo 1 p.m. Mahjong 1 p.m. Book Club 2:45 p.m. Chorus</div>	<div>8</div> <div>Walking 9 a.m. Billiards 10:00 a.m. Movie of the Week 10:15 a.m. Fastran Shopping Trip (RR) noon Lunch 12:45 p.m. Happy Hour: Trivia 12:45 p.m. Advanced & Intermediate Tap 1:45 p.m. Beginning Tap</div>

<div>11</div> <div>Walking 9 a.m. Billiards 9 a.m. Tai Chi I (!!) 9:15 a.m. Aerobics III (!!) 10 a.m. KCSC ESL / Citizenship Program 10:30 Life Stories noon Lunch 12:45 p.m. Advanced & Intermediate Tap 1 p.m. KCSC Yoga 1:45 p.m. BeginningTap</div>	<div>12</div> <div>Walking 9 a.m. Billiards 10 a.m. Square Dance (fee) 10 a.m. Dollmakers 10:30 a.m. Eye Care Program (RR) noon Lunch 1 p.m. Art For Everyone 1 p.m. Ballroom Dancing - \$2 1 p.m. ESL with Frances</div>	<div>13</div> <div>Freestyle Wednesdays Walking 9 a.m. Billiards 9 a.m. Party Bridge 9:30 a.m. Machine Knitters 10 a.m. KCSC ESL / Citizenship Program 11 a.m. Email Class (RR) noon Lunch 1 p.m. Ballroom Dancing - \$2 1 p.m. Rummikub 1 p.m. Sewing and Knitting Class 4 p.m. Billiards 4 p.m. Movie of the Week 4 p.m. Computer Lab 4 p.m. Table Tennis</div>	<div>14</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 10 a.m. Ceramics (RR) 10 a.m. Sing-A-Long with Herb 10 a.m. Beginning Computer 10:30 a.m. History Discussion Group noon Lunch 12:45 p.m. Bingo 1 p.m. Mahjong 2:45 p.m. Chorus</div>	<div>15</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 9 a.m. Advisory Council Meeting 10:15 a.m. Fastran Shopping Trip (RR) 10:30 a.m. Happy Hour: Variety Show noon Lunch 12:45 p.m. Advanced & Intermediate Tap 1 p.m. Movie of the Week 1:45 p.m. Beginning Tap</div>
<div>18</div> <div>Walking 9 a.m. Billiards 9 a.m. Tai Chi I (!!) 9:15 a.m. Aerobics III (!!) 10 a.m. Chinese Painting 10 a.m. Tai Chi I (!!) 10 a.m. KCSC ESL / Citizenship Program noon Lunch 12:45 p.m. Advanced & Intermediate Tap 1 p.m. Tai Chi I (!!) 1 p.m. KCSC Yoga 1:45 p.m. BeginningTap</div>	<div>19</div> <div>Walking 8:45 a.m. Tai Chi II (!!) 9 a.m. Billiards 10 a.m. Aerobics I (!!) 10 a.m. Square Dance (fee) 10 a.m. Dollmakers 10:15 a.m. Balzac Library Trip (RR) 10 a.m. Great Ideas of Philosophy 10 a.m. Senior Olympics Pool 10:30 Blood Pressure (Walk In) 11 a.m. Aerobics II (!!) noon Lunch 1 p.m. Art For Everyone 1 p.m. Ballroom Dancing - \$2 1 p.m. ESL with Frances</div>	<div>20</div> <div>Freestyle Wednesdays Walking 9 a.m. Billiards 9 a.m. Party Bridge 9:30 a.m. Ballroom Dancing I (!!) 9:30 a.m. Knitters 10 a.m. Quilters 10 a.m. Changes Support Group 10 a.m. KCSC ESL / Citizenship Program 10:30 a.m. Ballroom Dancing II (!!) 11 a.m. Dietician Visit/Program (RR) 11 a.m. Email Class (RR) 11:30 a.m. Ballroom Dancing III (!!) noon Lunch 1 p.m. Ballroom Dancing - \$2 1 p.m. Rummikub 1 p.m. Sewing and Knitting Class 1 p.m. Bridge I (!!) 1 p.m. WWII Memories Group (RR) 4 p.m. Billiards 4 p.m. Movie of the Week 4 p.m. Computer Lab 4 p.m. Table Tennis</div>	<div>21</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 10 a.m. Ceramics (RR) 9:15 a.m. Aerobics III (!!) 10 a.m. Sing-A-Long with Herb 10:30 a.m. History Discussion Group 10 a.m. Beginning Computer 12 p.m. Senior Olympics Bridge noon Lunch 12:45 p.m. Bingo 1 p.m. Beginner Plus Computer 1 p.m. Mahjong 2:45 p.m. Chorus</div>	<div>22</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 10 a.m. Aerobics I (!!) 10 a.m. Movie of the Week 10:15 a.m. Fastran Shopping Trip (RR) 11 a.m. Aerobics II (!!) noon Lunch 12:45 p.m. Happy Hour: Floyd Andrews 12:45 p.m. Advanced & Intermediate Tap 1:45 p.m. Beginning Tap</div>

<div>25</div> <div>Walking 9 a.m. Billiards 9 a.m. Tai Chi I (!!) 9:15 a.m. Aerobics III (!!) 10 a.m. Chinese Painting 10 a.m. Tai Chi I (!!) 10 a.m. KCSC ESL / Citizenship Program 10:30 a.m. Life Stories noon Lunch 12:45 p.m. Advanced & Intermediate Tap 1 p.m. Tai Chi I (!!) 1 p.m. KCSC Yoga 1:45 p.m. Beginning Tap</div>	<div>26</div> <div>Walking 8:45 a.m. Tai Chi II (!!) 9 a.m. Billiards 10 a.m. Aerobics I (!!) 10 a.m. Spy Musuem Trip (RR) 10 a.m. Square Dance (fee) 10 a.m. Dollmakers 10:30 a.m. Advanced Directives (RR) 11 a.m. Aerobics II (!!) noon Lunch 1 p.m. Art For Everyone 1 p.m. Ballroom Dancing - \$2 1 p.m. ESL with Frances 1:30 p.m. Northern VA Literacy Council</div>	<div>27</div> <div>Freestyle Wednesdays Walking 9 a.m. Billiards 9 a.m. Party Bridge 9:30 a.m. Ballroom Dancing I (!!) 9:30 a.m. Machine Knitters 10 a.m. KCSC ESL / Citizenship Program 10:30 a.m. Ballroom Dancing Class II (!!) 11 a.m. Email Class (RR) 11:30 a.m. Ballroom Dancing Class III (!!) noon Lunch 1 p.m. Bridge I (!!) 1 p.m. Ballroom Dancing - \$2 1 p.m. Rummikub 1 p.m. Sewing and Knitting Class 4 p.m. Billiards 4 p.m. Movie of the Week 4 p.m. Computer Lab 4 p.m. Table Tennis</div>	<div>28</div> <div>Walking 9 a.m. Billiards 9 a.m. Table Tennis 9:15 a.m. Aerobics III (!!) 10 a.m. Ceramics Class 10 a.m. Sing-A-Long with Herb 10 a.m. Beginning Computer 10:30 a.m. History Discussion Group 10:45 a.m. Arthritis Exercise Class (RR) noon Lunch 12:45 p.m. Bingo 1 p.m. Mahjong 1 p.m. Beginner Plus Computer 1:30 p.m. Northern VA Literacy Council 2:45 p.m. Chorus</div>	<div>29</div> <div>Walking 9 a.m. Billards 9 a.m. Table Tennis 10 a.m. Aerobics I (!!) 10:15 a.m. Movie of the Week 10:15 a.m. Fastren Shopping Trip (RR) 11 a.m. Aerobics II (!!) noon Lunch 12: 45 p.m. Happy Hour: Oktoberfest 12:45 p.m. Advanced & Intermediate Tap 1:45 p.m. Beninning Tap</div>